

MEALS ARE FREE UNLESS OTHERWISE NOTED

ANGELINE'S DAY CENTER

(206) 461-4888

2024 Third Avenue
Seattle, WA 98121

BREAKFAST: Daily – 7 a.m.
LUNCH: Daily – 11:30 a.m.
SNACK: Daily – 3:30 p.m.
EVENING SNACK: Daily – 8:30 p.m.
CRITERIA: Homeless Women.

AUBURN COMMUNITY SUPPER

(253) 833-8925

First United Methodist Church of Auburn
100 "N" Street SE
Auburn, WA 98002

CONTACT: Executive Director

DINNER: Every Monday, 4:30 – 5:15 p.m.
CRITERIA: Open to all.

BLESSED SACRAMENT CHURCH

Call first for time and location

5050 Eighth NE (parish hall)
Seattle, WA 98105

CONTACT: John Morford, (206) 930-6005

CRITERIA: Open to the general public; children welcome.

BREAD OF LIFE MISSION

(206) 682-3579

97 South Main
Seattle, WA 98104

CONTACT: Michael VanLydegraf

PASTRIES AVAILABLE 10-12 DAILY

SACK LUNCH: M, W, Th, Fri, Given out 12 noon – 1 p.m.
LUNCH (HOT): Tuesdays, 12:30 p.m.
DINNER: Doors open at 5:45 p.m. for Intake
CRITERIA: Attendance at chapel service required for dinner served at 8 p.m.; must be sober. May sign up for meal at Bread of Life Mission between 10 a.m. and 4 p.m. Monday-Saturday. Sundays and Holidays Hours: 1 – 4 p.m.

CATHEDRAL KITCHEN
803 Terry Avenue

(206) 264-2091

SITE: 803 Terry (corner of Terry & Columbia)
DINNER: Monday-Friday, 4:30 –5 p.m. (doors open at 4 p.m.)
CRITERIA: Serves women, families, children, and men over 55.

COMMUNITY LUNCH
1710 – 11th Avenue (Hall next to Central Lutheran Church)
Seattle, WA 98102

(206) 322-7500

CONTACT: Don Jensen

LUNCH: Tuesday and Friday, 12 p.m. – 1:00 p.m.
CRITERIA: All are welcome.

DOWNTOWN EMERGENCY SERVICE CENTER
517 Third Ave.
Seattle, WA 98104

(206) 464-1570

CONTACT: Registration Desk

DINNER: Daily, 6 p.m.
CRITERIA: **Overnight shelter residents only.** Homeless men and women 18 years of age or older. **Priority Categories:** mentally ill, chemically dependent, single women, men 60 & older, physically or developmentally disabled or medically compromised (must be able to get in/out of wheelchair).

EL CENTRO DE LA RAZA
Latino Hot Meal Program
2524 16th Avenue South

(206) 329-7960

CONTACT: Graciela Gonzalez

LUNCH: Monday, Friday – 12 noon
CRITERIA: No restrictions; open to all.

FRIDAY FEAST
NE 43rd Street and 15th Avenue NE
Seattle, WA 98105

CONTACT: Sinan Demirel

SITE: University Temple United Methodist Church
1415 NE 43rd (*alley entrance*), NE 43rd Street and 15th Avenue NE
DINNER: Friday, 6 p.m.
CRITERIA: No restrictions; open to all low-income people, all ages.

FRIENDLY ISLAND OF TONGA SENIORS

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service
720 Eighth Avenue S., Suite 200
Seattle, WA 98104

CONTACT: Elsa Valle

SITE: 2801 SW Thistle Street

LUNCH: Friday, 11 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Tongans and Pacific Islanders.

HOPELINK/SNO-VALLEY

(425) 333-4163

P. O. Box 485
Carnation, WA
Seattle, WA 98014

CONTACT: Mary Lou McMeins

SITE: 31957 E. Commercial Street

LUNCH: Thursdays, 12 noon – 1 p.m.

DINNER: 2nd Wednesdays; 6 – 6:45 p.m.

CRITERIA: Open to all.

IMMANUEL LUTHERAN CHURCH

(206) 623-3779

1215 Thomas Street
Seattle, WA 98109

LUNCH: Last Sunday of each month, 12 noon – 2 p.m.

CRITERIA: No restrictions; open to all.

JUBILEE DINNERS

(206) 669-1258

St. Andrew Episcopal Church
111 N.E. 80th
Seattle, WA 98115

CONTACT: Doug Macmillan

SITE: St. Andrew Episcopal Church
111 N.E. 80th, SeattleDINNER: Last Sunday of each month, 2 p.m. (*a complete hot meal*)

CRITERIA: Open to the community; (handicapped accessible)

KOREAN SENIOR CLUB

(206) 695-7522 (ACRS)

Asian Counseling & Referral Service
720 Eighth Avenue S., Suite 200
Seattle, WA 98104

CONTACT: Elsa Valle

SITE: 330 19th Avenue

LUNCH: Tuesdays and Fridays, 11:30 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Samoans.

LAZARUS DAY CENTER
416 Second Avenue Extension South
Seattle, WA 98104

(206) 623-7219 ext. 5949
CONTACT: Annie Green

LUNCH: Daily, 12 noon – 2 p.m.

CRITERIA: Must be 50 years of age or older. Bring ID to become a member and verify age.

LEGACY HOUSE NUTRITION PROGRAM
409 Maynard Ave. S.
Seattle, WA 98104

(206) 624-8929 xt 239
vilmaf@scidpda.org
CONTACT: Vilma Fernandez

LUNCH: Monday-Friday, 11:30 a.m. – 12:30 p.m.
Lunch served at the Bush-Asia Center (*Bush Hotel*), 409 Maynard Avenue South,
downstairs/park level. Asian meals. (*Have games/various activities every first Wed. of the month*)

CRITERIA: Must be 60 years of age or older or spouse of any age.

LUNCHTIME AT ST. LUKES
St. Luke's Episcopal Church
5710 22nd Avenue NW
Seattle, WA 98107

(206) 784-3119 xt 108
CONTACT: Nancy Rogers

LUNCH: Friday, 11:30 a.m. – 12:30 p.m.

CRITERIA: No restrictions; open to all. **NO MEAL SERVICE IN JULY & AUGUST.**

MILLIONAIRE CLUB
2515 Western Avenue
Seattle, WA 98121

(206) 728-5627
CONTACT: Brent Herrmann

BREAKFAST: Monday-Friday, 6:15 – 7 a.m.

LUNCH: Monday-Friday, 12 noon – 1:30 p.m.

CRITERIA: No restrictions; open to all

MONDAY FEEDING PROGRAM
Woodland Park Presbyterian Church
225 North 70th
Seattle, WA 98103

(206) 782-3776
CONTACT: Georgia Mantz, 365-4305

LUNCH: Monday, 12:30 – 1 p.m.

CRITERIA: Open to the general public; children welcome
Best to arrive by 12:30 p.m.

NEW HORIZONS MINISTRIES

PO Box 2801
Seattle, WA 98111

(206) 374-0866

CONTACT: Naomi Yonemura

SITE: 2709 Third Avenue (3rd Avenue & Cedar Street. Enter in back)

BREAKFAST: Tuesday, 10 – 11 a.m. (must be 22 years old and under)

SNACK: Mon., Tues., Thurs., Fri, 10 a.m. – 12 noon

DINNER: Mon., Tues., Wed., Sun., 7 – 8 p.m. (must be under 21 years old)

OPERATION NIGHTWATCH

P.O. Box 21181
Seattle, WA 98111

(206) 323-4359

FAX: 323-4165 downtowner@msn.com
CONTACT: Rick Reynolds

SITE: 302-14th Avenue South, Seattle

LIGHT MEAL: Daily 10 – 11:30 p.m.

CRITERIA: Nightwatch clients only. Serve only after 9 p.m.

NIGHTWATCH CLIENTS: Self-referred men 60 years old and older, families with children & women can walk in; and single men 21-59 need referral from DESC, Bread of Life, or Millionair Club.

OUR LADY OF MT. CARMEL

508 Broadway
Seattle, WA 98122

(206) 324-1305 cell

CONTACT: Curtis Hair

LIGHT MEAL: Daily (*except Monday*), 9 – 11 a.m.

CRITERIA: Open to all; must be sober.

OUTDOOR MEAL SITE
(Various Meal Providers)
6th & Columbia, Seattle

1-866-277-9252/(206) 396-8123

CONTACT: Krista Grimm

MEALS: Daily meals Served. Call for schedule.

CRITERIA: Open to all.

PACIFIC ASIAN EMPOWERMENT PROGRAM

3320 Beacon Avenue South
Seattle, WA 98144

(206) 324-0269

CONTACT: Robert Friedlander

SITES:	Filipino Senior Services 5740 MLK Jr. Way South	LUNCH:	Tuesday & Thursday 11 a.m. – 12:30 p.m.
	Laotian & H'mong Senior Svs. 6721 51st Ave. South	LUNCH:	Tuesday & Friday 11 a.m. – 12:30 p.m.
	Polynesian Nutrition Program 8201 10 th AV S 98108	LUNCH:	Wednesday & Friday 12:30 Meal served.

CRITERIA: Not restricted to seniors; open to all, including refugees, needy adults.

PHINNEY NEIGHBORHOOD ASSN. SOUP KITCHEN

(206) 783-2244

Phinney Neighborhood Association
6532 Phinney Avenue North
Seattle, WA 98103

CONTACT: Michael Gregory

SITE: St. John's Lutheran Church
5515 Phinney Avenue North

Calvary Lutheran Church
7002 – 23rd Avenue N.W.

LUNCH: Wednesday, 12 noon – 1 p.m.

Mondays, 12 noon – 1 p.m.

DINNER: Tuesday, 5 – 6 p.m.

CRITERIA: No restrictions; open to all.

PIKE MARKET SENIOR CENTER

(206) 728-2773 ext. 7

Meal Program
85 Pike Street, Seattle, WA 98101

CONTACT: Diane Carmel

SITE: At Senior Center, 85 Pike Street
(under Rachel the Pig)

LUNCH: Monday – Friday, 12 noon.
Saturday and Sunday, 11:45 a.m.

CRITERIA: Seniors over 55 need to fill out a Membership Form. Suggested yearly fee of \$5.00

SACRED HEART CHURCH/ST. VINCENT DE PAUL

(206) 283-2104

232 Warren Avenue North, Suite B
Seattle, WA 98109

CONTACT: Meal Coordinator

SITE: John Street between Warren Ave. North & Second Ave. North

SACK LUNCH: M, T, W, Thur, Fri, 8:30 – 11 a.m.

CRITERIA: No restrictions; open to all.

SAINT MARTIN'S ON WESTLAKE

(206) 340-0410

2008 Westlake
Seattle, WA 98121

CONTACT: Thomas Anderson

BREAKFAST: Monday – Saturday, 8 – 9 a.m.

BRUNCH: Sunday, 11 a.m. – 12:30 p.m.

LUNCH: 11:30 a.m. – 12:30 p.m.

DINNER: 4:30 – 5:30 p.m.

CRITERIA: **For Saint Martin's on Westlake residents only. Not open to the general public.** (Resident may have guest and purchase meal.)

SAMOANA SENIOR CLUB
Asian Counseling & Referral Service
720 Eighth Avenue S., Suite 200
Seattle, WA 98104

(206) 695-7522 (ACRS)

CONTACT: Elsa Valle

SITE: 3204 SW Holly Street, Holly Park Community Center

LUNCH: Tuesday, 11 a.m. – 1 p.m.

CRITERIA: Primarily serves low-income Samoans.

SEATTLE INDIAN CENTER HOT MEALS
611 12th Avenue South, Suite 300
Seattle, WA 98144

(206) 329-8700

LUNCH: Monday-Friday, 11:45 a.m. - 12:45 p.m.

CRITERIA: **Serves Seattle Indian Center clients, Seattle Indian Health Board clients and neighborhood residents.** Women and children welcome.

FOOD BANK Tues/Thur, 1:30-5:30
Motel Vouchers for Families of 4-6 (NEED ID, SS CARDS, ORIG OR COPY OF BIRTH CERTIFICATES, ADULTS NEED PICTURE I.D.)

SEATTLE UNION GOSPEL MISSION
318 Second Avenue Extension South
Seattle, WA 98104

(206) 622-5177

mjohnson@ugm.org

CONTACT: Mike Johnson

FREE MEALS: BREAKFAST: Daily, 7 – 8:30 a.m., after chapel
LUNCH: Monday – Saturday, 12 noon, after chapel. No lunch on Sunday
DINNER: Daily, 5:30 p.m. – 6:30 p.m.

CRITERIA: Chapel attendance required for free breakfast and lunch. Cost \$2.00 without chapel attendance. Dinner is free. No chapel attendance required.

SOUP LINE LUNCH BOX
Asian Counseling & Referral Service
720 Eighth Avenue S., Suite 200
Seattle, WA 98104

(206) 695-7522 (ACRS)

CONTACT: Elsa Valle

SITE: 919 King Street (ACRS Food Bank)

LUNCH: Friday, 10:30 a.m.

CRITERIA: No restrictions; open to all low-income people.

UNIVERSITY DISTRICT YOUTH CENTER
Catholic Community Services
100 23rd Ave. S.
Seattle, WA 98144

(206) 526-2992 Ext. 17

(richardk@ccsww.org)

CONTACT: Richard King, Director

SITE: 4516 15th NE

DROP-IN: Mon-Thu 1:15 – 4 p.m. are able to get food for on-site consumption of non-perishable food (eg, canned chili, cup-o-noodles, etc.) and limited frozen entrees that can be heated in our microwaves.

CRITERIA: Youth (12-22) who come to our drop-in program

UNIVERSITY STREET MINISTRY TEEN FEED

4740B University Way N.E.
Seattle, WA 98105

(206) 522-4366

CONTACT: Meal Coordinator

SITES:	University Lutheran Church N.E. 50th & 16th NE	DINNER:	Monday 7 – 8 p.m.
	University Methodist Temple NE 43rd & 15th N.E.	DINNER:	Tuesday 7 – 8 p.m.
	University Congregational Church N.E. 45th & 16th Avenue N.E.	DINNER:	Wed. & Thursday 7 – 8 p.m.
	University Christian N.E. 50 th & 15 th N.E. Enter via alley, SW corner of building	DINNER:	Sundays 7 – 8 p.m.

CRITERIA: Serves youth, 12-21 years of age.

VIETNAMESE FRIENDSHIP ASSOCIATION

Asian Counseling & Referral Service
720 Eighth Avenue S., Suite 200
Seattle, WA 98104

(206) 695-7522 (ACRS)

CONTACT: Elsa Valle

SITES: 4714 Rainier Avenue South

LUNCH: Monday & Saturday, 10 a.m. – 12:00 p.m.

CRITERIA: Must obtain meal voucher from the Vietnamese Senior Association, Southeast Refugee Federation or Asian Counseling & Referral Service. Primarily for low-income Vietnamese students and seniors.

YOUTHCARE'S ORION CENTER

1020 Virginia
Seattle, WA 98101

(206) 622-5555

CONTACT: Jessica

LUNCH: Monday-Friday, 12:30 - 1:15 p.m.

DINNER: Monday-Friday, 6 - 6:30 p.m.

CRITERIA: Serves at-risk, homeless youth, 13-21 years of age.
[Center has a food, clothing, and hygiene bank. Youth can take showers and do laundry. Center provides intake access, health services, rides, and various other services, and so on.]